SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 12
SHOPPERS DRUG MART

SEEING DOUBLE

KNIGHTS TWINS MATT AND RYAN RUPERT ARE VYING FOR A SPOT WITH THE LEAFS PAGE 17

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LONDON metro®
Thursday, July 5, 2012
News worth sharing.
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Arin Blue, 25, of Stratford, a general labourer with CurbAppeal, fights relentless heat on Wednesday afternoon while cutting stone for a job at Sir Adam Beck Manor in London. JOHN MATISZ/METRO

Londoners feel the burn

Heat wave.
Air conditioning not an option for outdoor workers and other sweaty souls

JOHN MATISZ
john.matisz@metronews.ca

Thought that 10-metre walk to and from your car was a challenge on Wednesday?

Be thankful you're not Arin Blue, Steve Decandido or the hundreds of others who put in a full workday in the sticky outdoors.

"It's up there, that's for sure," Blue, a 25-year-old labourer for CurbAppeal stonescaping, said of the temperature. "Some other days compare, but this is pretty bad."

With the humidex reading, the Forest City reached the mid-40s, Environment Canada reported.

At about 2 p.m., Blue took one of many "lay-down breaks" to collect himself. A moment in the shade, a gulp of water and a towel wipe later, he was back cutting and laying stone.

"I can handle the dry heat. It's the humidity that does it to me," Blue said, adding the eight-hour day felt like 20.

While heat was the big issue yesterday, it was coupled with the threat of heavy rain. Environment Canada lifted a severe thunderstorm warning late morning, only to bring it back late afternoon.

The forecast is much the same until Saturday — a Thursday high of 33 C (before the humidex is factored in), and a Friday high of 35 C.

"The last heat wave, I managed to stay inside, but someone is on vacation this time so it's hard to avoid going out," said Decandido, a 38-year-old Londoner doing maintenance at the Middlesex County building on Ridout Street. It's one of the city's most popular spots for photographs, and the landscaping must be immaculate at all times, Decandido said.

"I've already had three jugs of water and a smoothie," he said after two hours of mowing the lawn.

Too hot to handle?

- Community centres and libraries are options for beating the heat. Details about cooling centres are at london.ca, or call 519-661-5575.

Follow John Matisz on Twitter @Metro_JMatisz

Let 'er rip

Four London Rippers have been named to the Frontier League's East Division all-star team. Meanwhile, watch for the home-run derby next Tuesday PAGE 3

One sweet gig

Londoner Simon Larochette's home doubles as a recording studio known as the Sugar Shack. On Saturday night, it triples as a concert venue PAGE 10

Bathing beauties

Mott 50's line of sun-protective swimwear never sacrifices style for safety PAGE 13

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Voting

Sunfest competes for fan favourite

Sunfest is in the running to be named Canada's favourite festival.

Supporters are rallying on Facebook and Twitter in hopes of securing the title.

The event was ranked 105 out of 488 nominees on Wednesday. The Calgary Stampede and the Rio Tinto Alcan Dragon Boat Festival in Vancouver were at the top of the list.

The competition was launched this spring by WestJet to promote festivals across the country.

"In order for Sunfest to rise to the top, we need the help of festival supporters," said Ian Davies, Sunfest's creative and programming co-ordinator. "I think the festival has grown tremendously since it began and has become a true beacon for the community."

Sunfest starts its four-day run at 11 a.m. Thursday in Victoria Park.

For a schedule, visit sunfest.on.ca. You can cast a vote in WestJet's competition at festivals.westjet.com. AMANDA GRANT/FOR METRO

Bylaw

Uptick in Londoners caught in pool fence dragnet

Nineteen London homeowners are facing $350 fines because bylaw officers say fences around their pools aren't up to snuff.

The city's two-week pool fence safety blitz wrapped up at the end of June with about 100 properties inspected. One in five failed, bylaw enforcement manager Orest Katolyk said Wednesday.

Violations are up from the last blitz, done two years ago. That check resulted in only a "handful" of citations, Katolyk said.

Pools that can hold at least 75 centimetres of water must be surrounded by a fence that's five feet tall, according to a city bylaw. METRO

Education

Teen earns Youthvision scholarship

A London teen has received a CIBC Youthvision Scholarship valued at up to $38,500.

Herman Mustafa, 15, earned the scholarship thanks in part to his participation in Big Brothers Big Sisters of London and Area mentoring programs. METRO

Spotlight. Local musician gets CCMA stage time

London's Genevieve Fisher may have gotten her big break.

After a year of radio play and countless gigs, the 20-year-old has been invited to perform during the Canadian Country Music Association's Country Music Week.

"This is a huge step for me. It has been one of the biggest things to happen," Fisher said. "It shows that I've been working really hard."

Fisher is one of eight musicians chosen to perform during the new artist showcase at the festival, slated for September in Saskatoon. She earned the spot after submitting an application along with 120 other hopefuls.

Genevieve Fisher CONTRIBUTED

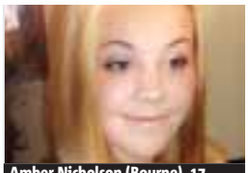
"I'm definitely feeling overwhelmed with emotions and excitement," Fisher said. "It's a lot to take in." AMANDA GRANT/FOR METRO

Missing. London police searching for teen, baby

Police are looking for a teenager and baby last seen around 10 p.m. Sunday near Wharncliffe and Baseline roads.

Amber Nicholson (Bourne), 17, is described as white, five-foot-seven and 130 pounds. She has blue eyes and long brown hair with blonde highlights. Police say she has a three-in-one stroller with a green and blue baby seat.

Four-month-old Ciarrah O'Shea is also missing. Police say they are concerned for the pair's welfare but are not considering the disappearance suspicious.



Amber Nicholson (Bourne), 17, is shown in this undated photo. CONTRIBUTED

Anyone with information should call 519-661-5670 or Crime Stoppers at 1-800-222-TIPS (8477). METRO

Visiting orchestra pipes up about the hurting musician

Noteworthy. We're used to seeing athletes handled by therapists after a big game. But what about the flute player or pianist — aren't they sore, too?

JOHN MATISZ
john.matisz@metronews.ca

Performances

See the National Youth Orchestra of Canada perform live:

- 7:30 p.m., Friday, St. Paul's Cathedral (472 Richmond St.)
- 7:30 p.m., July 27, The Grand Theatre (471 Richmond St.)

The National Youth Orchestra of Canada is pumping up the volume this summer during its sixth annual summer stay at Western University.

They're making it loud and clear that injury prevention is an underutilized practice within the music industry.

"No one wants to talk about it," said Barbara Smith, a London native and the orchestra's executive director. "We're trying to change the thinking. It's not a question of if musicians will get injured — it's a question of when they'll get injured."

In contrast to elite athletes, premier musicians, like those involved in the youth orchestra, don't receive much in the way of medical treatment.

The aches and pains caused by, say, hoisting a wind instrument for hours on end or arching your back to play piano for an entire show are rarely looked after until the problem evolves into a career-threatening ailment.

"Musicians are very much perfectionists," Smith said. "But so are athletes, and we need to start taking this more seriously. Right now, it's a code of silence."

Common injuries sustained by musicians include pulled muscles, tendonitis in the elbow and wrist, severe neck and shoulder strains, hearing loss, as well as mental illness.

"I like to say musicians are the athletes of the small muscles," said Dr. Christine Guptill, an occupational therapist and Western grad.

To that end, the orchestra has hired a certified instructor to lead a one-hour yoga session each day they're in London.

National Youth Orchestra member Emily Lair, 20, of Gimli, Man., listens intently Wednesday at Western University as Musicians' Clinics of Canada's Dr. John Chong explains why her stress level spikes when she plays the French horn. JOHN MATISZ/METRO

For the full version of the story, visit metronews.ca

Sports

Rippers named to all-star team

Four London Rippers have been selected for the Frontier League's East Division all-star team.

First baseman Joash Brodin was named a starter. Other Rippers on the roster for the July 11 game in Normal, Ill., are catcher Jim Vahalik and pitchers Jamie Richmond and Yohan Gonzalez.

The Frontier League's home-run derby will be July 10. METRO

Sports

Majors, women's centre go purple

The London Majors and the London Abused Women's Centre are teaming up to paint Labatt Park purple Thursday. The Majors will don purple jerseys and bats during their 7:30 p.m. game against the Guelph Royals. Jerseys signed by players will be auctioned.

Purple symbolizes strength, courage and respect and has been associated with ending violence and abuse against women. METRO

Entertainment

Aeolian beefs up fall schedule

The Aeolian Performing Arts Centre has added two concerts to its fall lineup.

Canadian indie artists Jenn Grant and Cuff The Duke will perform Oct. 25. Former Triumph frontman Rik Emmett will perform Nov. 1.

Tickets will be available at 10 a.m. Friday online, at the Aeolian box office (795 Dundas St. E.) and other local outlets. Check aeolianhall.ca for details. METRO

Police

OPP on the watch for do-gooders

Ontario Provincial Police will be making the rounds this summer, handing out tickets for free Frosters to youths setting a positive example.

Dubbed Operation Freeze, the effort may reward kids for actions ranging from wearing a bicycle helmet to picking up trash in their neighbourhood.

The program — along with its winter counterpart, Operation Heat — started in 2010. METRO

1 NEWS

On the web

No sweat: Relief found in Botox?

Whether it's humid conditions or plain old stress, trickles or torrents of sweat will undoubtedly dampen anyone's mood. Now experts are claiming regular Botox injections could bring long-lasting relief to people suffering from excessive perspiration. Go to metronews.ca to read the full story.

Mobile news

The first-ever international Panda Awareness Week (known also by the clever acronym PAW) kicks off Thursday in London, England. To see videos of the cutest black-and-white bear on Earth, scan the code.

Scientists' 'Eureka moment': God particle exists (they say)

Cheers, ovations. Crowd hails the discovery of a 'cornerstone,' but is it the real secret of the universe?

Peter Higgs, of the Higgs boson — or God's particle — is the British physicist who predicted it in the 1960s. He told an audience Wednesday that the new discovery appears close to what he foresaw.
DENIS BALIBOUSE/THE ASSOCIATED PRESS

The God particle lives!

Well, they're pretty sure it does.

To cheers and standing ovations, scientists at the world's biggest atom smasher in Switzerland claimed the discovery of a new subatomic particle Wednesday.

They called it "consistent" with the long-sought Higgs boson — popularly known as the God particle — that helps explain what gives all matter in the universe size and shape.

"We have now found the missing cornerstone of particle physics," Rolf Heuer, director of the European Centre for Nuclear Research (CERN), told scientists.

"As a layman, I think we did it," he told the elated crowd.

But he also declared: "As a scientist, I have to say, 'What do we have.'"

He added: "We have a discovery. We have observed a new particle that is consistent with a Higgs boson."

The Higgs boson, which until now has been a theoretical particle, is seen as the key to understanding why matter has mass, which combines with gravity to give an object weight.

The idea is much like gravity and Isaac Newton's discovery of it: Gravity was there all the time before Newton explained it.

But now scientists have seen something very much like the Higgs boson and can put that knowledge to further use.

CERN's atom smasher, the $10 billion Large Hadron Collider on the Swiss-French border, has been creating high-energy collisions of protons to investigate dark matter, antimatter and the creation of the universe, which many theorize occurred in a massive explosion known as the Big Bang.

Fabiola Gianotti, a team leader, did raise a touch of reality: "The dream is to find an ultimate theory that explains everything — we are far from that."
THE ASSOCIATED PRESS

Theory

1960s

Scientists have long puzzled over how the minute building blocks of the universe acquire mass. Without mass, particles wouldn't hold together and there would be no matter. A theory proposed by British physicist Peter Higgs and teams in Belgium and the U.S. in the 1960s is that a new particle must be creating a "sticky" field that acts as a drag on other particles.

Cash

$10B

The Large Hadron Collider — the atom smasher at the European Centre for Nuclear Research — alone cost some $10 billion to build and run. This includes the salaries of thousands of scientists and support staff around the world who collaborated on the experiments that had but one target: Expose the mysterious God's particle.

History

WWW

The massive scientific effort that led to the discovery of what is thought to be God's particle has also paid off in other ways — one of which was the creation of the World Wide Web. Scientists developed the web to make it easier to exchange information among each other. Vast computing power was needed to crunch all the data.

Target

96%

"This is just the beginning," says James Gillies, a spokesperson for the European Centre for Nuclear Research. Scientists will keep probing the newly discovered particle until they fully understand how it works. One other target: They also hope to understand the 96 per cent of the universe that remains hidden from view.

#That's Patch!

Dog takes train, Twitter traces him

When Patch hopped aboard the train to Dublin, the power of Twitter reunited the dog with his owner.

Irish Rail sent a "Lost dog!" tweet with a photo after the Jack Russell terrier arrived with Wednesday commuters on a train from Kilcock in Kildare.

In 32 minutes, the photo found Patch's owner, Deirdre Anglin. THE ASSOCIATED PRESS

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Hawking hacked! Tiny scanner will delve into famed scientist's brain

What is Stephen Hawking thinking?

Maybe we'll soon know.

An international conference organized by the Canadian creator of the iBrain on Saturday will reveal the celebrated theoretical physicist's thoughts, it's claimed.

"We will present the data we were able to generate from Stephen Hawking" NeuroVigil founder Dr. Philip Low told Torstar News Service.

That data was collected last summer by attaching Hawking to the iBrain, the world's smallest portable brain scanner.

Hawking, who is also a participant in the July 7 conference, is immobilized with the motor neuron disease amyotrophic lateral sclerosis.

Hacking Hawking's brain has given Low and the mind-reading algorithms he developed for his young company, NeuroVigil, their highest profile yet in a quest to re-examine the whole idea of consciousness.

Physicist and best-selling author Stephen Hawking.
TED S. WARREN/THE ASSOCIATED PRESS

It started, Low said, with zebra finches.

"These animals were able to produce mammalian sleep patterns."

The iBrain has the potential to monitor sleep disorders, autism and depression, Low said.

For the 70-year-old Hawking, whose ability to communicate via machine is deteriorating, it could mean the last stage: "Unlocking a locked Stephen Hawking," Low said.

The conference in Cambridge, England, will be live-streamed on conference.org.
TORSTAR NEWS SERVICE

Sadness ... and new fears

A boy holds a poster of Ahmed Hussein Eid during his funeral in Suez, Egypt, on Wednesday. The university student was stabbed by three bearded men — fuelling fears that Islamist street vigilante groups may be feeling more confident with an Islamist president in office.
THE ASSOCIATED PRESS

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Mourners react outside the Our Lady of Fatima Parish in Elliot Lake, Ont., on Wednesday, after the funeral of 74-year-old Doloris Perizzolo, who died in the Algo Centre Mall roof collapse. KENNETH ARMSTRONG/THE CANADIAN PRESS

Town mourns victim of mall roof collapse

Funeral. Crowd packs parish to say their goodbyes to one of two women killed in accident that has sparked public inquiry

A capacity crowd packed a church in a bereaved northern Ontario community Wednesday to pay their respects to one of the victims of a deadly roof collapse at a local shopping mall.

Rev. Paul Conway said more than 320 people came to Our Lady of Fatima parish to pay tribute to Doloris Perizzolo, who was remembered as a good neighbour.

The 74-year-old was one of two women killed when a section of roof came crashing through the Algo Centre Mall on June 23.

The accident crippled local commerce in the small community, touched off a criminal investigation led by the provincial police force, and sparked a public inquiry ordered by the province's premier.

Perizzolo was eulogized by a long-time friend who shared memories of growing up side-by-side, and regaled the audience with anecdotes of her friend's kindness and consideration as a neighbour.

THE CANADIAN PRESS

Investigation

Outrage over the collapse prompted Premier Dalton McGuinty to order a public inquiry late last week, drawing support from the opposition.

- Police have also launched their own investigation into the accident, though OPP spokesman Sgt. Pierre Chamberland wouldn't comment on a report that the investigation stems from information about the building's record of unaddressed maintenance problems. The Ministry of Labour paid six visits to the mall over the last three years.

Minor shake-up

Fantino gets Oda's job in swift cabinet shuffle

Prime Minister Stephen Harper swiftly shuffled his front benches Wednesday following the resignation of embattled International Co-operation Minister Bev Oda. The hole created by Oda's resignation on Tuesday had been expected to be filled later this summer in what could have been a wide-ranging shake-up, but ended up being only a minor change. Oda was replaced Wednesday by former associate defence minister Julian Fantino.

THE CANADIAN PRESS

Magnotta case. Body part found in Montreal park belongs to Jun Lin: Police

Montreal police have confirmed that the human remains found Sunday in a park belong to Jun Lin.

Lin's torso was found in a suitcase in late May, while other body parts were mailed to offices of political parties and to two schools. Police have said the only missing body part was Lin's head.

"Major-crimes squad investigators just got confirmation," Const. Anie Lemieux said.

Luka Rocco Magnotta has been charged with first-degree murder in Lin's death.

THE CANADIAN PRESS

Jun Lin is shown in this undated photo from Facebook. HANDOUT

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‘Phablets’ the next tech trend?

Mobile. Latest device bridges the gap between a tablet and a smartphone

Take one part smartphone and one part tablet and what have you got? Phablets, a newer breed of mobile device that’s expected to compete with the smaller-sized tablets now flooding the market.

Phablets aren’t going to kill tablets or smartphones but they will be a viable niche product, said Sascha Segan, lead mobile analyst for PC Magazine.

There’s only one major phablet currently available, the Samsung Galaxy Note with its 13.5-centimetre touchscreen. It looks huge beside the 8.9-centimetre iPhone but is considerably smaller than 17.8-centimetre tablets like Research in Motion’s BlackBerry PlayBook and the 24.6-centimetre iPad. LG has also revealed plans to release a phablet, the Optimus Vu.

“Most phablets look like you are holding a slice of bread up to your head, or some other similarly awkward object,” Segan said from New York.

But as consumers make fewer phone calls, size isn’t expected to matter.

Hybrid device

“They’ll start dropping their smartphones and pick up these phablets.”

Sascha Segan, lead mobile analyst, PC Magazine

Tech trends firm ABI Research predicts more than 208 million of these hybrid devices will be shipped by 2015. THE ASSOCIATED PRESS

Spraying scorn on the banks

Protesters spray champagne as they demonstrate against what they describe as a ‘close relationship between bankers and politicians’ outside Portculis House in London on Wednesday, as former Barclays Bank chief executive Bob Diamond gives evidence to the British Treasury Select Committee. Diamond acknowledged on Wednesday that there had been “mistakes” and “reprehensible” behaviour at the bank as he appeared before British lawmakers. CARL COURT/GETTY IMAGES

Takeover. Maple Group bid for TMX clears hurdles

The longstanding proposed takeover of the TMX Group cleared a number of key regulatory hurdles on Wednesday, perhaps most importantly from the Competition Bureau.

The federal regulator said it will not challenge the attempt to take over the operator of Canada’s major stock exchanges by the Maple Group Acquisition Corp., a factor that could have potentially sidelined the transaction.

Meanwhile, the Ontario Securities Commission gave its approval and published final recognition orders for the deal, which values the TMX Group at $3.8 billion.

Maple spokesman Luc Bertrand said the approvals were “a very major milestone” for the consortium of 12 Canadian banks, pension funds, brokerages and insurers leading the bid.

The plan that would see the Maple Group control as much as 90 per cent of trading activity in Canada.

THE CANADIAN PRESS

Food trend. Greek yogurt a best-seller in Canada

As Greece sinks daily deeper into financial crisis, a humble staple of the Greek diet has become a billion-dollar business in North America.

Greek yogurt is flying off supermarket shelves in Canada after conquering the U.S. market. The high-protein content, natural ingredients and creamy taste have made it a hit with consumers in a health-conscious culture.

Canadian producers have doubled and tripled facilities to meet increasing demand and grocery retailers have experienced temporary shortages, leaving consumers scrambling for the latest holy grail of a healthy diet.

Greek yogurt is flying off the shelves at grocery stores across Canada. PAWEL DWULIT/TORONTO STAR

Sales of Greek yogurt have tripled and quadrupled in some Longo’s locations, said Carlo Noce, category manager for dairy at the grocery chain.

TORSTAR NEWS SERVICE

Market Minute

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John Mazerolle
metronews.ca/hesays

Hey, remember when summer weather was something to look forward to?

That was a real nice season we had once.

But with soaring temperatures, stifling humidity and more frequent disasters, summer feels vaguely threatening — like a guy who smiles too widely all the time.

Recognizing that extreme weather is still dangerous regardless of the season is only common sense, which makes it impossible for most people.

That's why there can be an extreme heat alert, a smog advisory, a tornado watch, a skin pustule warning and a forecast of partly locust-y, and there'll still be some guy on the TV news having a beer on a patio and gushing about the "awesome" weather. If there was a flood he'd talk about how he loves to swim while he floated away on his chair.

Fortunately for you, this column recognizes the dangers and has a few tips to keep the dog days from biting.

As you enjoy this season

"Don't say, 'Hot enough for you?!' This will cause people to punch you in the nose, and they'll be right to do it."

Keeping it cool: DOs and DON'Ts

DO congratulate yourself on your safety consciousness when you realize the chances of you doing anything strenuous, such as having sex or working a job, are zero.

DON'T go jogging mid-day. Going at dawn will make the run more enjoyable, due to fewer people pointing and saying, "Look at the crazy person."

DO drink from a canteen, so that when it's empty you can melodramatically turn it upside down and shake it.

DON'T use a hand fan, unless you're a fading southern belle and can say things like, "I do declare, it's hot enough to parboil an egg in my cleavage," without sounding silly.

DO check in on elderly or sick neighbours, so you can get first dibs on their stuff.

DON'T say, "Hot enough for you?!" This will cause people to punch you in the nose, and they'll be right to do it.

DO drink eight glasses of water a day. It's a totally made-up number with no scientific foundation, but people my age have been spouting it our whole lives, so just do it or we'll feel stupid, alright?

DON'T jump headfirst into an oasis, no matter how dehydrated you are. It's usually a mirage. Telltale signs include palm trees growing in Canada and hammocks strung up in major cities. If you're still not sure, toss a co-worker.

DO leave animals in your car, but only if you intend to eat them later. Free-Range Rover is delicious.

DON'T leave behind Conservatives, even if the window is open a crack. When you return, you may find them sweaty and confused, frothing at the mouth and ranting that climate change is a myth. This is normal. If a Conservative says anything logical, call 911 immediately.

Those are the keys to a safe summer, so long as you also avoid gas barbecues, choking hazards, major highways, dying birds, disease-carrying mosquitos and cancerous sunshine.

Remember that if you see any TV reports that show an entire week without any kind of death, disease or disaster, it's probably a mirage. And, above all, have a good time.

Summer is here, that means rule No. 1 is to be extra cautious while having fun — danger looms behind every corner. GETTY IMAGES

Black Widow conquers 45 hot dogs

MARIO TAMA/GETTY IMAGES

10 minutes to gold

Aficionados hold their titles

Five-time hot dog eating world champion Joey Chesnut, left, and women's world record holder Sonya Thomas 'stare down' at the Nathan's Famous Fourth of July International Hot Dog Eating Contest ceremony.

Thomas, of Alexandria, Va., beat her own record by gobbling down 45 hot dogs and buns in 10 minutes Wednesday to win the women's competition at the annual Coney Island contest. GETTY IMAGES

Previous record

41

The petite Thomas, who goes by Black Widow, won $10,000 US. The previous women's world record was 41 dogs and buns in 10 minutes.

Contest tradition

Dog-eat-dog world

Joey Chestnut ate his way to a sixth straight win, tying his personal best in a sweaty, gag-inducing spectacle.

The 28-year-old San Jose, Calif., man nicknamed Jaws scarfed down 68 hot dogs in 10 minutes in the sweltering summer heat to take home $10,000 US and the mustard yellow belt. He bested his main rival by 16 dogs. The Nathan's Famous Fourth of July International Hot Dog Eating Contest has been a city tradition for 97 years.

THE ASSOCIATED PRESS

After it all went down

"I feel good, it was a great win ... I tried my best. I'm looking forward to next year already."

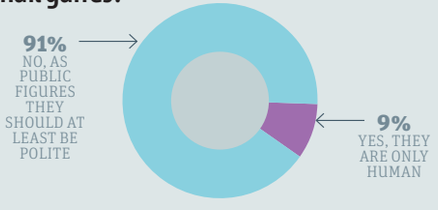
Joey Chestnut, after the contest, adding he wished he could have eaten a record number of hot dogs for the audience.

Watch the video at metronews.ca

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should politicians be forgiven for their email gaffes?



Twitter

@Michelleclermon: Today is my 1 year anniversary in #Idnont I love London Ontario and I have no regrets! I have met amazing people!!

@LondonComp: I have a weather app called #BellSatelliteTV I know there's a storm within 50 miles of #LdnOnt because I lose reception! #goingbacktoRogers

@MissBellaVita: Why is getting myself to read my text books SO hard (considering I AM interested in them!)?! Always behind in readings. #StudentIssues #UWO

@RogerBrar: Earliest class starts at 10:30 and I'm taking italian. Gunna be a good year. #UWO

@ronnyxu: Hey let's start a 72 hour complaining about the heat marathon! Ready? And go...

metro

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2

SCENE

Scene in brief

Hudson's TV role a segue to Broadway?

After winning an Academy Award and a Grammy, Jennifer Hudson is taking a roundabout route to give theatre a try. She'll appear on the second season of the television musical drama series Smash in a multi-episode arc as a Broadway star named Veronica Moore. On Smash, Hudson will join fellow American Idol alum Katharine McPhee, who's one of the show's main characters. "It's just the perfect opportunity," Hudson, a fan of the NBC show, said in a recent interview. She also admitted the show may be a way for her to ease into an appearance on Broadway.
THE ASSOCIATED PRESS

On the web

Amazing Spider-Man snares $7.5M in midnight screenings ahead of Fourth of July

Simon Larochette has recorded more than 10 local albums in the past year. Right now, he's working on Olenka and the Autumn Lovers' latest release. AMANDA GRANT/FOR METRO

Sugar Shack celebrates sounds

Crazy little shack. Simon Larochette's recording studio doubles as his home — and come Saturday night, it'll triple as a live music venue

BACKSTAGE PASS
Amanda Grant
london@metronews.ca

Walking into the Sugar Shack, you're transported. Leaving the sights and sounds of London's urban centre behind, you feel like you're at a cottage. Wood lines the floor, the ceiling is vaulted and a loft overlooks the recording studio's main room. Sliding glass doors separate the control room from the rest of the house, and a nautical painting hangs on one wall.

The Sugar Shack, located on Wellington Street south of Horton, is Simon Larochette's home.

It is where he is currently working to record and mix five albums for local musicians; it's where he sleeps and eats; it's where he has band practice.

"I spend every waking moment here," he says.

Today is Day 5 of recording Olenka and the Autumn Lovers. It's a unique experience for Larochette, who is playing two roles — sound engineer and band member.

"He's very meticulous, very professional," says the band's front woman Olenka Krakus. "He knows exactly what to expect from our performance so I think it's easier for him to push us to do our best."

In November, Larochette moved into the downtown studio, once known as The House of Miracles. For the Ontario Institute of Audio Recording Technology grad, it was a big change. He was used to setting up and breaking down his studio after every session, working from the London Music Club.

Now, in his own space, the studio is always ready to go.

"I am really lucky to have this space," Larochette says. "And the only thing I like more than having the space is sharing it."

On Saturday night, Larochette will be opening his doors to host a show featuring Toronto's Jennifer Castle and a solo set from Krakus.

"One of the things I really enjoyed when the local scene first took off was the intimate shows, the house shows," Krakus says.

"The advantage of that type of show (at The Sugar Shack) is that it is also a recording studio so the sound is really great which is a pleasure for both the audience and the performer."

Tickets are $10 at Grooves Records and Hot Dog Musique and Cinema. Doors open at 8 p.m.

Around town

- **Art.** Ashleigh Bartlett opens her show Skipping Stones at the Michael Gibson Gallery Friday. The Calgary artist plays with the theme of characters and cartoons to make abstract paintings. The exhibition runs until July 28.
- **Dance party.** Friday night APK Live hosts That's So Ravin'. Brooklyn's Young Magic is headlining the dance party, so get ready to get moving. Tickets are $6 in advance from ticketscene.ca. Music starts at 9 p.m.

NEED A RIDE?
Read metrodrive every Wednesday.

Business as usual for Cruise engine

New film. Paramount begins pushing Jack Reacher as star deals with divorce from Katie Holmes

Tom Cruise's personal life may be in upheaval, but it's still business as usual for the studio promoting his next movie.

Paramount Pictures has released the trailer for Cruise's crime drama Jack Reacher, which opens Dec. 21. The trailer launched on Cruise's 50th birthday with Tuesday's debut of The Amazing Spider-Man. The start of the movie's marketing campaign coincides with the breakup of Cruise's marriage to Katie Holmes, who filed for divorce last week.

The divorce has brought fresh scrutiny to Cruise's ties to Scientology. His beliefs played a role in Paramount's split with the actor in 2006 over his discussion of his religion and his erratic behaviour regarding his romance with Holmes.

Paramount has since made up with Cruise, releasing his blockbuster Mission: Impossible: Ghost Protocol to a $690 million worldwide haul.

"Tom is a huge movie star for the right reason. He's a very talented actor whose movies have entertained millions of fans," Paramount said in a statement. "His ability to make a great movie, as we saw with the most recent installment in the Mission: Impossible franchise — the most successful of the series to date — is the thing that moviegoers remember above all else."

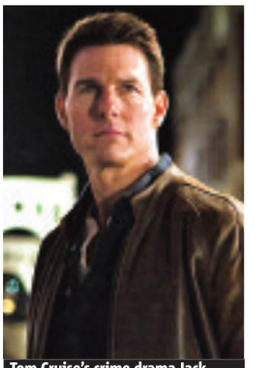
Adapted from a novel by Lee Child, Jack Reacher stars Cruise as an ex-military investigator caught up in the case of a sniper accused of killing five people.

THE ASSOCIATED PRESS

Quoted

"His ability to make a great movie ... is the thing that moviegoers remember above all else"

Statement from Paramount about Tom Cruise



Tom Cruise's crime drama Jack Reacher opens Dec. 21. HANDOUT

Documentary

Katy Perry: Part of Me

Director. Dan Cutforth, Jane Lipsitz

Stars. Katy Perry, Shannon Woodward, Lucas Kerr

●●●○○

This new documentary shows Katy Perry's genuine affection for her followers — she does daily meet-and-greets and invites audience members on-stage to dance — so it is no surprise that Part of Me is geared toward pleasing her Katycats. Intercut with lively performances from the wildly successful Teenage Dreams tour — six costumes changes in one song! — are musical numbers galore, visits with her slightly grumpy grandmother and interviews with her staff and friends who generally say the kind of things you expect them to. It's only when the tour nears its end and Perry's marriage is in tatters that the movie reveals something other than a carefully manicured picture of the star. The result is a series of vignettes featuring an attractive, talented young woman who seems really nice.

RICHARD CROUSE

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Heidi Klum ALL PHOTOS GETTY IMAGES

Heidi Klum remains sour on marriage

"I don't know if I'll get married again," Heidi Klum, model and host of Project Runway, tells newspaper Bild am Sonntag.

After seven years of marriage, she separated from husband/singer Seal earlier this year.

"Although I really enjoyed being married. I'm a dreamer. I loved our annual fairy tale weddings that were our big family parties. But sadly, it somehow didn't work out."

That said, she's remained optimistic about the future, even if it doesn't involve a partner.

"I think everyone should work on their dreams," she told the paper. "I try to. I look into the future, concentrate on my family and I have to say that I'm happy. There are worse things in life than a separation."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Frank attracts an Ocean of attention by coming out

SAM CASTONE
Metro World News

A few days after newscaster Anderson Cooper revealed he was gay, an entertainer from an entirely different spectrum also shared something about his sexuality... with potentially groundbreaking results.

"Four summers ago, I met somebody. I was 19 years old. He was too," wrote singer and songwriter Frank Ocean, a member of hip-hop collective Odd Future, on his Tumblr page.

"We spent that summer, and the summer after, together. Everyday almost. And on the days we were together, time would glide. Most of the day I'd see him, and his smile. Sleep I would often share with him. By the time I realized I was in love, it was malignant. It was hopeless. There was no escaping, no negotiating to the women I had been with, the ones I cared for and thought I was in love with."

He goes on, leaving the reader to guess he is either gay or bisexual.

In the hip-hop world, being openly gay is uncommon, and Ocean is the most high-profile urban artist to ever publicly address being with a man. In fact, one of Ocean's collaborators, Tyler, the Creator, has been accused of being homophobic.

About Ocean, Tyler tweeted: "My Big Brother Finally Fucking Did That. Proud Of That Nigga Cause I Know That Shit Is Difficult Or Whatever. Anyway. I'm A Toilet."

Hip-hop legend Russell Simmons wrote on his own blog congratulating Ocean.

"Today is a big day for hip-hop. It is a day that will define who we really are. How compassionate will we be? How loving can we be? How inclusive are we? I am profoundly moved by the courage and honesty of Frank Ocean…."

Ocean has written songs for Justin Bieber, John Legend and Beyoncé, and appeared with Jay-Z and Kanye West on Watch the Throne.

His new album, Channel Orange, debuts July 17.

Brad Pitt

Move over Brad, Doug Pitt has arrived

Brad Pitt once starred in a Super Bowl Heineken commercial, and has made more than 30 ads in Japan alone (for Edwin jeans and other products).

But he better watch out, because his brother, Doug, just scored an ad with worldwide buzz. Appearing in an Australian commercial for Virgin Mobile, Doug (Brad's real bro) is seen as a boring suburban guy wearing khakis, taking an inordinate amount of pleasure from mowing the lawn, cooking and doing other household chores. The gag is that he's the anti-Brad.

Twitter

@iamrashidajones
Celebrating July 4th in London is a little like baking yourself a birthday cake and then eating it alone in a dark closet. #IMissFireworks

@AlbertBrooks
BREAKING NEWS: There is a God.....particle.

@Tyrese
Acting Advice::. The day you STOP caring about how fly and sexy you are you might have a real shot at being an actress or actor...

@JerrySeinfeld
The reason every "Seinfeld" character greeted with "Hey,(name)" was secret tribute to #andygriffith-show #true #andyandbarn4ever

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SHOPPERS DRUG MART

Soak up some sun

Summer. Mott 50 is the fashionable solution to sun safety, and co-founder Anne Botica Reilly explains why their label is set to shine

RICHARD PECKETT
life@metronews.ca

Safety has never been a sexy subject. It's always been a difficult sell, especially for fashion brands.

Ironically, it's a world that attracted Monique Moore and Anne Botica Reilly to launch their sun-protective label Mott 50 (mott50.com).

The brand is named after their old apartment's street (Mott Street, New York City) where the concept came to fruition in March 2011.

Moore and Reilly intended to take full of advantage of the female shift in attitude towards tanning and skin preservation.

Reilly explains, "I have a history of skin cancer in my family, so I have seen the direct effects — my aunt passed away and my mother is currently affected."

However, despite advances in skin care, the reality is that skin cancer among young people is on the rise. The World Health Organisation states that every year 132,000 melanoma skin cancers and two to three million non-melanoma skin cancers occur globally and this is set to rise. This can be attributed to the depletion of the ozone; however, that doesn't free us from our responsibility for self-preservation.

Luckily, UPF (ultraviolet protection factor) clothing doesn't have to resemble a poncho or be as coarse as a hair shirt.

"We could see that a lot of the stuff was not that desirable for women to wear — it's uncomfortable on the skin." Reilly adds, "We have customers who like the fabric and the way that it looks — the added value is the UPF50 element." The failing of many other UPF labels is that they allow the safety aspect to dominate the aesthetic at the expense of the look.

Reilly admits, "It isn't a high-end fashion brand at all but we do try to play on the trends." Currently, Mott 50 offers wardrobe staples such as cardigans, crewnecks, henleys, tunics, shifts, maxi dresses and short and long-sleeved shirts for guys. "We look to the designers like Ralph Lauren, Burberry Prorsum and Thakoon, so we do try to make our label a little more funky," says Reilly. The biggest challenge for the design duo is sourcing fabrics. At the moment they use materials such as cotton poplin and bamboo spandex but they're working on expanding their remit.

The way that the process works is that clothing manufacturers pour in a blend that closes the porosity of the fabric to prevent harmful UV penetrating the skin. Alarmingly, "the average white T-shirt only has a UPF of five," says the Chicago native. Shocking, but does such a limited collection have any real future, given the amount of skin sun-care products now available? Reilly certainly believes so,

"Advances in sun care actually helps our business. It raises awareness for our products and stresses the need for labels like ours."

As well as being stocked in stores such as Neapolitan, New York, the girls plan to increase their men's wear line next season and are hoping to launch a children's wear collection next summer, which Reilly describes as "a huge market."

GAP Bandeau one piece GAP

Mott 50 tunic MOTT 50

Mott 50 tunic MOTT 50

Insert your face above MOTT 50

Anne Botica Reilly, left, and Monique Moore MOTT 50

Summer skin-care

SMOOTH

Malin + Goetz chamomile treatment

$68, malinandgoetz.com (available mid-July)

TONE

Clinique skin tone correcting lotion SPF 20

$45
clinique.com

PROTECT

Shiseido: Urban environment UV protection cream plus SPF50

$30
shiseido.ie

3 LIFE

Fashion Flash

Bottling Bon Jovi: Avon picks rocker as newest perfume partner

Jon Bon Jovi is going Unplugged in a bottle. Avon Products Inc. announced Monday that the 50-year-old rock star is the company's newest celebrity fragrance partner. He'll appear in ads for both Unplugged for Her and Unplugged for Him. The company said the inspiration for both scents is the unique feeling one has listening to a favourite song. The goal is "an emotional connection." The women's version, which will be available through Avon representatives and online in October, is a floral oriental perfume, and the men's is a woody floral musk fragrance. It will go on sale in November. Both Avon and Bon Jovi said admiration for each other's involvement in philanthropy largely drew them together as partners.

THE ASSOCIATED PRESS

On the Web

Designer presses the limits of patience: 60 hours of fashion in Band of Outsiders' Paris show

Style your home after Thompson Hotel

Accents of orange pop off crisp white and espresso neutrals at Toronto's Thompson Hotel. THOMPSON.COM

Hotel chic. Pops of colour and organic lines make comfortable style

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

The Thompson Toronto is Thompson Hotel's first international property outside the United States and opened two years ago in the King West Village, connected to the entertainment and financial areas, and walking distance to the Toronto island airport.

Designed with signature crisp lines by New York design firm Studio Gaia, the hotel's 102 guest rooms feature classic dark wood floors, cool white walls, organic and mid-century modern furnishings along with bright pops of fashionable orange. The look has now become synonymous with chic condo buildings around the country's largest city.

The rooms are crisp, modern and resemble oversized condo living with large windows boasting city views.

Lifestyle amenities include a rooftop lounge and pool area — the first of its kind in Toronto. Recreating the Thompson look is easy. Keep it clean-lined with neutral tones while adding a pop of colour such as orange, purple or turquoise. Here are a few affordable 'Thompson-esque' products to help you get this look in your own abode.

Super-charged with colour and easy-to-care-for bedding adds style for less. Karit blanket and pillow cover, $50, Ikea.ca

Useful yet trendsetting in orange makes for the perfect lamp. Carpenter Lamp, $80, CB2.com

Industrial legs with natural bone top gives a high-end contemporary look. Bone Side Table, $239, WestElm.com

Modern, chunky designs add a timeless feel with natural wood. Ronan Two Drawer Nightstand, $380, CrateAndBarrel.com

Etiquette

Dealing with stinky summer feet

Dear Charles the Butler, With summer here, I loathe to wear socks. How can I wear my shoes without socks, and how can I keep my shoes — and feet — from smelling? Also, is there an etiquette when it comes to going sock-less when you visit a friend's place? Should you remove your shoes? Sincerely, Michael J.

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

First, let's make sure you are wearing the right shoes!

If you are going to go "sock less" than traditionally you would never do so in laced shoes.

Usually the shoe that is used is a "loafer" style shoe.

Now remember this is a casual style of dressing and is most appropriate socially. You should never go to work or out for a business dinner dressed without socks, it is just too casual a dress attire.

Now the problem with feet no matter who you are is that they naturally perspire (sweat), thus leather or plastic shoes combined with sweat generally smells.

So what to do?

First to state the obvious, clean fresh-washed feet are an important must. Secondly, let your shoes air dry with a dash of baby powder or talcum powder to absorb the moisture and help remove it.

Now the etiquette of when to wear shoes "sock-less" is also important.

If you know you are going to go to someone's home and be asked to remove your shoes, then never go "sock-less" as it is rude to walk around their home in your bare feet, even if you have clean feet.

If you arrive somewhere unexpectedly, and must remove your shoes, then always ask for a pair of slippers.

Now go enjoy the summer in your bare feet on a beach somewhere!

Only the asparagus should smell like feet at a dinner party. ISTOCK

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Watermelon goes beyond dessert while duck takes over for chicken

1. Glaze: In a blender, purée the watermelon flesh until smooth. Set aside. In a small, heavy-bottomed saucepan over medium, heat the apple jelly, stirring constantly, until it is melted. Add the watermelon juice and stir to combine. Stir in the lime zest and juice, red pepper flakes, jalapeno hot sauce and salt. Mix and taste, adjusting the seasoning if desired. The glaze can be used warm or cooled. It can be refrigerated in a tightly sealed jar for up to 2 days.

2. Heat one side of a grill to medium and the other side to low. During cooking, if you get flaring from the duck fat, you may need to turn off the low side completely.

3. Use paper towels to pat dry the duck. Using poultry or kitchen shears, cut along each side of the duck's backbone and remove it. Turn the duck breast-side up. Open the 2 sides of the duck as if you were opening a book, and lay it flat. Break the breast bone by firmly applying pressure and pressing down. Tuck the wing tips under the upper wing and place on a sheet pan. Set aside.

4. In bowl, mix salt, pepper and cayenne. Brush the duck all over with olive oil. Season lightly on both sides with the spice rub. Place the duck skin-side up directly on the grill grates on the cooler side of the grill. Grill for about 2 hours.

5. After 2 hours, brush the glaze on the duck. Continue grilling for another 20 to 30 minutes, brushing with the glaze 2 more times during the final grilling time. Grill until the juices run clear and the thigh registers 190 F.

6. Remove the duck from the grill and brush with glaze one last time. Let the duck rest for 10 minutes. Cut the duck into halves or quarters and serve.

Ingredients

Spicy Watermelon Glaze:
- 1 cup seedless watermelon flesh
- 1/2 cup apple jelly
- Zest and juice of 1/2 lime
- 1 tsp red pepper flakes
- 1/2 tsp jalapeno hot sauce
- Pinch of salt

Grilled Butterflied Duck with Glaze
- 6-lb duck
- 1 tsp kosher salt
- 1/2 tsp coarsely ground black pepper
- Pinch of cayenne pepper
- Olive oil
- Spicy watermelon glaze

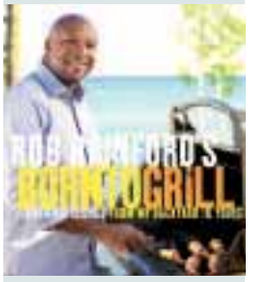
Grilled Butterflied Duck with Spicy Watermelon Glaze

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, GRILLING AND SOUTHERN FOODS EXPERT & EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS, IN NEW YORK & WASHINGTON AS WELL AS HILL COUNTRY CHICKEN IN NEW YORK

Book of the week

Grill master lesson



In Born to Grill, Rob Rainford brings barbecue prowess to more than 100 recipes and 20 complete menus from around the world. The book is designed for hosting family and friends around your backyard barbecue.

While there are plenty of great grill classics (with a Rainford twist), he pushes barbecue boundaries with some true grilling originals and expert techniques, like cold smoking. As a result, readers get recipes that move beyond burgers and steaks. Among them are: Rotisserie Butter-and-Sage Cornish Hen, Portobello Mushroom Napoleons, Spanish Paella with Grilled Seafood, Egyptian Lamb Koftas and more. METRO

Short Rib Sliders and Snow Pea Slaw. This isn't your average burger – at all

Who says sliders have to be burgers? This recipe is a fresh take on the summer slider, and it's packed with short ribs rather than a meaty patty.

Most grocers offer two varieties of beef short ribs — with the bone and without. For this recipe, you'll want the boneless option. Its marbling and big beefy flavour make it a great candidate for the grill.

1. Heat the grill to high.

2. To make the slaw, in a medium bowl combine the snow peas, carrot, mint, raisins and vinegar. Toss well, then season with salt and pepper. Set aside.

3. Using an oil-soaked paper towel held with tongs, oil the grill grates.

4. In a small bowl, combine the brown sugar, salt, pepper, cayenne, allspice and thyme. Rub this mixture onto all sides of the short ribs. Grill the meat on medium for 3 to 4 minutes per side. Transfer the meat to a plate and allow to rest for 6 to 8 minutes.

5. To serve, pile slaw onto each bun, then top with a piece of short rib.

THE ASSOCIATED PRESS

Ingredients

Slaw:
- 1 cup snow peas, in strips
- 1/2 cup grated carrot
- 1 tbsp chopped fresh mint
- 1/4 cup raisins, chopped
- 1 tbsp cider vinegar
- Salt and ground black pepper

Short ribs:
- 1 tbsp brown sugar
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- Pinch cayenne pepper
- Pinch allspice
- 1/2 tsp dried thyme
- 1 lb boneless short ribs, cut into 6 pieces
- 6 small buns

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

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4

SPORTS

Federer back in familiar spot at Wimbledon

Roger Federer at Wimbledon on Wednesday. CLIVE ROSE/GETTY IMAGES

After curling in a 102-mph ace to grab a two-set lead a mere 56 minutes into his Wimbledon quarter-final Wednesday, Roger Federer casually pulled an extra tennis ball from his pocket and strolled to sit in his changeover chair for a sip to drink.

No fist pump. No yell of excitement. No energized jog to the sideline.

There still was work to be done; nothing to be taken for granted. Motivated by the bitter memory of quarter-final losses at the All England Club the past two years, the six-time Wimbledon champion Federer bullied 26th-seeded Mikhail Youzhny of Russia 6-1, 6-2, 6-2 to reach his record 32nd career Grand Slam semifinal.

"Feels great being back in the semis.... Haven't been here in the last couple years," the third-seeded Federer said. "So this is nice, to be back to a place where I've been so many times before."

He'll face a familiar foe Friday: No. 1 Novak Djokovic, the defending champion, who didn't have too much trouble while beating No. 31 Florian Mayer of Germany 6-4, 6-1, 6-4 in the quarter-finals.

THE ASSOCIATED PRESS

Alive in England

No. 4 seed Andy Murray of England smacked his 18th ace on match point to finish off No. 7 David Ferrer of Spain 6-7 (5), 7-6 (6), 6-4, 7-6 (4) Wednesday, setting up a tilt with Jo-Wilfried Tsonga on Friday in the semifinals.

Destination Minnesota

NHL. 'Great day in the history' of Wild as Parise, Suter announce free-agency decisions

The Minnesota Wild were a starless team in need of a big-time jolt to get the franchise back to the point of being worthy of playing in "the State of Hockey."

The jolts don't come any bigger than this.

The Wild landed not one but both of the NHL's top prizes in free agency, signing forward Zach Parise and defenceman Ryan Suter on Wednesday. Each deal is for 13 years and $98 million, according to three people familiar with the contracts who spoke to The Associated Press on condition of anonymity because the team did not release details.

"WE GOT 'EM!" the Wild announced on their Twitter account early Wednesday afternoon, sending shockwaves across the league and through a devoted fan base that was starting to show signs of apathy after missing the playoffs for a fourth straight season.

Parise, the former New Jersey Devils playmaker, and Suter, who paired with Shea Weber on the Nashville blueline, were regarded the cream of what was a thin free agent crop, and each had spent the past four days poring over numerous offers from several teams before making a decision.

"This is a great day in the history of the Minnesota Wild," GM Chuck Fletcher said in a conference call.

Maybe THE greatest. The Wild have had a relatively nondescript existence aside from one stirring run to the Western Conference finals in their second season.

Parise knows the history well, having grown up in the Twin Cities. So he recruited his friend Suter to come help out the hometown team.

"We kept in touch throughout this whole thing and we decided that we thought for both of us that the best fit would be Minnesota," Parise said in a conference call. "We're excited that it worked out and we get a chance to play with each other."

One person said that even the breakdown of the contracts is exactly the same, with both players getting $12 million in each of the first two years. The deals then go down in value, with each player making $1 million in both 2023-24 and 2024-25.

And it's a relative homecoming for Suter, who is from Wisconsin, as well.

"It came down to where I felt my family would like to live," Suter said. "My wife's from Bloomington, Minnesota. That had a lot to do with it. Minnesota has a lot of good young players that I think will help make this team successful." THE ASSOCIATED PRESS

Ryan Suter and Zach Parise celebrate a Team USA goal at the Winter Olympics in Vancouver in February 2010. HARRY HOW/GETTY IMAGES

Quoted

"I don't think you ever go in assuming you're going to land both of them. We shot for the moon, and we tried our best."

Chuck Fletcher, Minnesota Wild GM.

Quoted

"Today is truly one of the proudest days of my life."

Oscar Pistorius who will become the first amputee track athlete ever to compete in the Olympic Games this summer in London. The "Blade Runner" will be competing in the London Olympics in his favoured 400 metres after all. The double-amputee runner from South Africa has spent almost all his life without lower legs and his entire track career proving he's good enough to compete with the best. He now has the chance to do just that. The 25-year-old Pistorius will run the individual 400 and the 4x400 relay in London. South Africa's Olympic committee and national track federation suddenly decided to clear Pistorius for the 400 at the London Games on his carbon fiber blades despite him just missing out on the country's strict qualifying criteria.

On the web

Spain's second-straight European championship win only solidified its spot atop the FIFA world rankings, as expected. But a surge in points from other European teams has pushed some traditional powerhouses from around the world down the ranks. Scan the code for the story.

NHL

Local NHLer MacLean hospitalized after cardiac emergency

London's Brett MacLean of the Phoenix Coyotes was admitted to hospital after suffering a cardiac emergency on Monday night.

The team issued a statement on Tuesday saying the 23-year-old winger had been admitted to hospital in London after suffering a medical emergency while playing hockey Monday night in Owen Sound.

Brett MacLean GETTY IMAGES FILE

The Coyotes said MacLean received CPR on site before being taken by ambulance to hospital in Owen Sound. He was then taken by air ambulance to London, where he was admitted to the cardiac intensive care unit.

"Our thoughts and prayers are with Brett and his family," Phoenix general manager Don Maloney said in a statement. "We will provide an update on Brett's status when information is available." THE CANADIAN PRESS

Twin Knights aim for a spot on Leafs roster

NHL. Matt Rupert has always played with brother Ryan, who the Leafs drafted in the sixth round this year

Matt Rupert TORSTAR NEWS SERVICE

Ryan Rupert TORSTAR NEWS SERVICE

Two for the price of one.

Maybe that's what Maple Leafs GM Brian Burke was thinking when he chose Ryan Rupert in the sixth round, 157th overall, in the 2012 draft.

Ryan's got a twin, Matt. They've played together all their lives. Where one goes, so goes the other. When Matt wasn't drafted, it was only natural for him to follow Ryan to Leafs prospects camp.

"When I got the call to come here, it was exciting," said Matt Rupert, a winger. "We played together our whole lives. It was exciting being in the Blue and White, living the dream. I watched the Leafs all my life."

They're a hard-working — if undersized — agitating duo that found a role on the OHL champion London Knights.

"You've got to play physical and get little jabs in but not go overboard so the refs don't catch you," Ryan Rupert, a centre, said about his game. "Gets the other guys frustrated out there."

Says Matt: "We're gritty players. If it comes to fighting, we're not going to back down. I like fighting, it's fun."

TORSTAR NEWS SERVICE

Twin facts

- The two Ruperts are fraternal twins who look alike except for one telling point: Ryan has all his teeth. Matt's got the Bobby Clarke smile.
- The Ruperts were tutored by Dale Hunter (until he left to coach the Washington Capitals) quite literally night and day.
- They lived with Hunter, watching hockey when they weren't playing it.
- Hunter would point out — stopping the PVR if he had to — what players were doing right or wrong during a game on the TV at the time.

BHi SPRING SEASON STANDINGS BHi

B DIVISION

TEAMS	GP	W	L	T	OTL	GF	GA	PTS
ABUSEMENT PARK	7	6	1	0	0	23	17	12
DIE HARDS	6	4	0	0	2	28	13	10
THROWBACKS	7	3	1	0	3	27	17	9
FTB	7	4	3	0	0	28	25	8
LONDON LEAFERS	6	3	3	0	0	17	20	6
FRIDAY KNIGHT LIGHTS	1	0	1	0	0	2	6	0
BING ACRES	6	0	6	0	0	12	39	0

COED DIVISION

TEAMS	GP	W	L	T	OTL	GF	GA	PTS
FMC	3	3	0	0	0	11	5	6
THUMBS UP	3	3	0	0	0	11	5	6
JESS'S TEAM	3	1	2	0	0	9	6	2
YFT	4	1	3	0	0	8	15	2
BALL PUCKERS	3	0	3	0	0	2	10	0

C DIVISION

TEAMS	GP	W	L	T	OTL	GF	GA	PTS
ACE HOLES	5	3	0	0	2	13	8	8
BALL WACKERS	5	4	1	0	0	10	9	8
TEAM TV	5	3	1	0	1	28	13	7
MISFITS	4	2	0	0	2	19	12	6
OUT OF GAS	3	2	1	0	0	7	9	4
CANADS	4	2	2	0	0	13	12	4
2 BALLS 1 CUP	5	2	3	0	0	12	20	4
WOLFPACK	3	1	1	0	1	7	5	3
ITS GUNNA HAPPEN	5	1	3	0	1	9	27	3
REBELS	1	1	0	0	0	4	4	2
FUGAZI'S	4	1	3	0	0	12	15	2

YOUTH STARS OF THE WEEK
1. MARCO DEMELO - HAWKS, 3 goals, 1 assist (Hat Trick)
2. BEN ANDERSON - EAGLES, 2 goals, 4 assists
3. JUSTIN WILLIAMS - BISONS, 3 goals, 1 assist (Hat Trick)

MEN'S STARS OF THE WEEK
1. JORDAN EDWARDS - LDN LEAFERS, 3 goals (Hat Trick)
2. IAN DOWNES - THROWBACKS, 2 goals, 1 assist
3. TYLER MITCHELL - DIEHARDS, 2 goals

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- The Amaral's

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1 Curved lines
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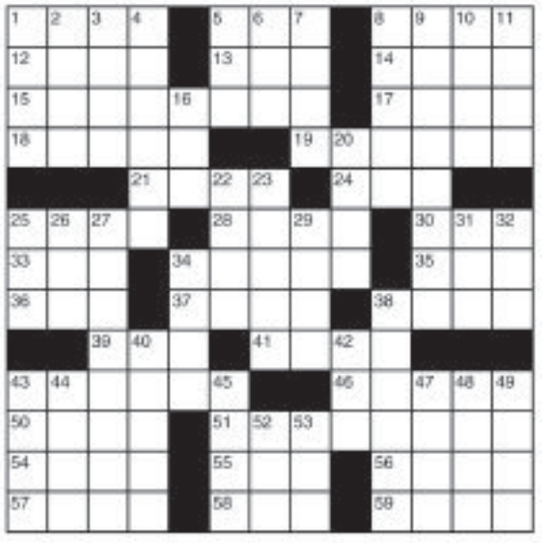
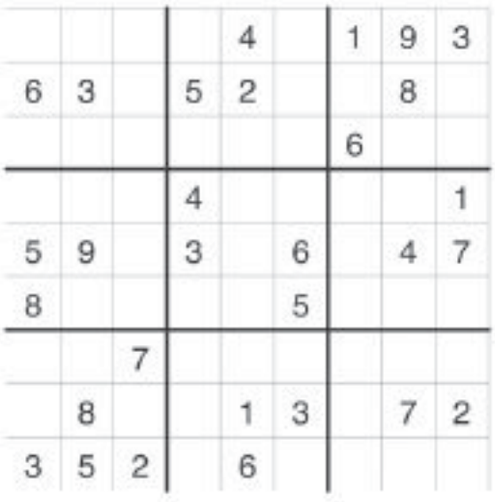
15 Alienate
17 On
18 Small plateaus
19 Entitlements
21 Capri, e.g.
24 Turn blue?
25 Existed
28 Tennis legend Arthur
30 Danson or Koppel
33 Type measures
34 Sen. Kefauver
35 George's brother
36 Eccentric
37 Teeny bit
38 Con game
39 Scull prop
41 Heap
43 Revolutionary War traitor
46 Goof-up
50 Poker holding
51 Rough calculation
54 Expectorated
55 Shelter
56 "Ars Amatoria" poet
57 Sicilian spouter
58 Actress Thompson
59 Capone adversary

Down
1 Attention-getting sound
2 Kennedy matriarch
3 Barracks array
4 Ankle woe
5 Prohibition
6 Heckler's missile
7 Antelope's playmate
8 Songwriter Carmichael
9 Appreciative of beauty (Var.)
10 Coin aperture
11 Bribes
16 Fool
20 Mid-month date
22 Ultimate
23 Bar legally
25 Stein or Stiller
26 Ostrich's kin
27 Tallinn dweller
29 Half (Pref.)
31 Mound stat
32 Flow blocker
34 Count counterpart
38 Preacher's speech
40 Heart line?
42 Luau souvenir
43 Basilica section
44 Engrossed
45 Farmer's place
47 Big dance party
48 He gave us a lift
49 Ohio nine
52 Witness
53 Mad Hatter's quaff





How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	3	5	9	7	2	8	4	1
9	4	7	1	6	8	2	3	5
8	2	1	5	4	3	6	9	7
7	9	4	3	2	5	1	8	6
5	8	2	6	1	9	4	7	3
3	1	6	4	8	7	5	2	9
2	6	8	7	3	1	9	5	4
1	7	9	8	5	4	3	6	2
4	5	3	2	9	6	7	1	8

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SFA RHJ EWUNWDW MGFM FSMHQ OFSV OJKM WCBUHRWP F UNDW-NA GHJKWVWWBWQ MH EW GNK UWCCHA FNPW?

Yesterday's Cryptoquip: IF YOU ARE SHREDDING PAPERS IN A CRAZY FRENZY, SOME PEOPLE MIGHT CLAIM YOU'RE ON A TEAR.

Today's Cryptoquip Clue: M equals T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. You will get what you want just when you want it today and will overcome your rivals with ease.

Taurus | April 21 - May 21. Be clear in your mind what needs to be done and do it now, this very moment – not at some ill-defined date in the future.

Gemini | May 22 - June 20. Before you go sticking your nose in other people's business today you would do well to remember that the most productive changes you can make are to your own affairs.

Cancer | June 21 - July 22. You are determined to prove you have what it takes but don't go too far and risk turning people against you

Leo | July 23 - Aug. 22. If there are things in your life that you want to improve, now is the time to identify them and prepare yourself for the changes you will have to make.

Virgo | Aug. 23 - Sept. 22. Because you are a creature of habit you don't like to rock the boat, but the planets are now urging you to try something different, even if it means turning others against you

Libra | Sept. 23 - Oct. 22. If you see something you desire today you must seize it for yourself before your rivals beat you to it.

Scorpio | Oct. 23 - Nov. 21. Try not to feel too hard done by if an authority figure forces you to change what you are doing today because in the long-term you will benefit in ways you cannot yet see

Sagittarius | Nov. 22 - Dec. 21. This will be one of those days when everything goes right without much of an effort but that is not an excuse to sit back and do nothing

Capricorn | Dec. 22 - Jan 20. Take upheavals in your stride today and refuse to get annoyed when things don't work out the way you expected.

Aquarius | Jan. 21 - Feb 18. You will have to let a friend or colleague down today and it may not do your relationship a lot of good

Pisces | Feb. 19 - March 20. Ignore what everyone else is doing and do only what feels right to you. Come the weekend it will be apparent that you were right and they were wrong but try not to gloat about it – too much.

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Caption Contest

"You're not from around here, are you kid?"
Megan

ELISE AMENDOLA/ THE ASSOCIATED PRESS

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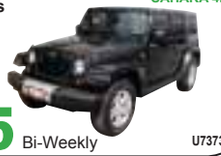
- 4x4



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